

3126

A guide to Community living



SUMMER 2022

ACTIVITIES

EVENTS

COURSES

OUR LOCALS



3126

About the magazine

3126 is an independent community magazine produced quarterly by a small team of local volunteers, supported by Canterbury Neighbourhood Centre (CNC).

The editorial team welcomes feature article ideas and suggestions, as well as more volunteers to assist with the publication.

The magazine is loyally distributed by a group of volunteers co-ordinated through the Canterbury Community Action Group (CCAG) www.ccag.net.au

3126 MAGAZINE

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Cover image: Camberwell Hockey Club beloved pet display by Ray Gruchy.

Images by Ray also on pages 1 (mural) and 7 (birds)

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It's time to feel good!

Feel Good February is a series of pop-up events in Canterbury Gardens celebrating many ways to feel good. More details inside.

Help your garden feel good too with some seasonal tips from local landscape designer Dianne Beddison.

Learn how a Canterbury local worked to ensure time to feel good through the introduction of the 8-hour working day.

And help yourself to feel good with a creative class like watercolour or upholstery, a wellbeing class like tai chi or yoga, or something social like mahjong. Find the details of all the Canterbury Neighbourhood Centre programs on pages 2–5.



Canterbury Neighbourhood Centre local short courses & activities

The Arts

Nature in art

Renowned botanical artist Terry Napier will guide you through watercolour techniques to illustrate the botanical world.

Monday 9.30am – 12pm or 12.30pm – 3pm
Starts 31 Jan (8wks) \$220

Upholstery and soft furnishing

Reinvigorate that tired piece of furniture or create a new cushion and accessories. Our professional upholsterer will guide you through the basics and give you the skills and confidence to tackle a range of projects. Suitable for all levels.

Tuesday 9.45am – 12.15pm OR
12.45pm – 3.15pm
Starts 1 Feb (9wks) \$275

Wednesday 9.45am – 12pm OR
12.15pm – 2.30pm

Starts 2 Feb (9wks) \$250 OR

Wednesday 6.45pm – 8.45pm (via Zoom)
Starts 2 Feb (9wks) \$230

Watercolour (beginners welcome)

Join our watercolour group and explore your creativity. Bring your own project and learn at your own pace.

Tuesday 10am – 12pm
Starts 1 Feb (8wks) \$220

Open Art New!

Explore your own creative style in your chosen art medium – including drawing, watercolour, acrylic, oil or copic markers with art tutor Karen Nield.

Tuesday 12.30pm – 2.30pm
Starts 1 Feb (8wks) \$220

Children

Structured playgroup

Facilitated by an early childhood educator, toddlers and pre-schoolers learn new skills through play, games, stories and music. Parents, grandparents or carers are encouraged to join in. Children under 12 months free.

Monday OR Tuesday 9.30am – 11.30am
Starts 31 Jan (9wks) \$153 OR
1 Feb (10wks) \$170

Wellbeing

Buff bones for osteoporosis*

A Pilates-based full body workout for bone strengthening and balance, integrated with strength training and functional and rehabilitative exercises.

Monday 9.30am – 10.30am
Starts 31 Jan (9wks) \$158
Thursday 9.30am – 10.30am OR
10.45am – 11.45am
Starts 3 Feb (10wks) \$175



Tai Chi

A gentle integrated mind and body exercise with a focus on control of movements and breathing for overall wellbeing.

Monday 12.45pm – 1.45pm (beginners) OR
1.45pm – 2.45pm OR 2.45pm – 3.45pm
Starts 31 Jan (9 weeks) \$158

Walking groups

Get fit and make friends. Enjoy a walk through the streets and gardens of Canterbury, ending with a coffee at one of our local cafes.

Thursday 9.45am – 10.30am (fast pace) OR
9.30am – 10.30am (gentle pace)
Starts 3 Feb (ongoing).
Free for CNC members

Yoga (beginners to experienced)*

Hatha yoga uses stretching techniques to release tension, increase flexibility and create a sense of calm.

Tuesday 9.15am – 10.15am OR
10.30am – 11.30am
Starts 1 Feb (10wks) \$175

Yoga – new session!

Wednesday 10am – 11am
Starts 2 Feb (10wks) \$175

Yoga – chair based

Strengthen and stretch your body while being comfortably supported by a chair. This Hatha-based yoga class includes breath work, short meditations and seated relaxations. Suited to low mobility.

Monday 12pm – 1pm
Starts 31 Jan (9wks) \$158



Language

French absolute beginners

Thursday 1pm – 3pm
Starts 3 Feb (9wks) \$215

French intermediate (2+ years' experience)*

Tuesday 1pm – 3pm
Starts 1 Feb (9wks) \$215

French intermediate (3+ years' experience)*

Monday 1pm – 3pm
Starts 31 Jan (9wks) \$215

French advanced (4+ years' experience)*

Monday 10.30am – 12.30pm
Starts 31 Jan (9wks) \$215

Italian absolute beginners

Wednesday 12.30pm – 2.30pm
Starts 2 Feb (9wks) \$215

Italian beginners (6 months experience)*

Thursday 9.30pm – 11.30pm
Starts 3 Feb (9wks) \$215

Italian beginners/intermediate (2 years' experience)*

Wednesday 3pm – 5pm
Starts 2 Feb (9wks) \$215

Italian intermediate/advanced (3 years+ experience)*

Wednesday 12.30pm – 2.30pm
Starts 2 Feb (9wks) \$215

Italian advanced (4 years+ experience; via Zoom)

Thursday 12pm – 2pm
Starts 3 Feb (9wks) \$215

Italian advanced – Language & Conversation (6 years+ experience)*

Wednesday 9.30am – 11.30am
Starts 2 Feb (9wks) \$215





Social

Mahjong

A classic game of strategy and skill.
New players welcome.
Friday 10am – 12pm
Starts 4 Feb

The Written Word

Writing life (ongoing)*

Structured lessons to guide you in capturing and sharing your valuable memories and anecdotes from your life and family history.
Tuesday 10am – 12pm
Starts 1 Feb (9wks) \$210

Book circles – Maling Rd

Meet at a local coffee shop for lively discussions on books, films, community activities and events. Book circles with a real difference! Call CNC for further details.
2nd Tuesday of the month 10am – 12pm

Free trials available for all classes

To find out what's on at Canterbury Neighbourhood Centre

Visit our website:

www.canterburync.org.au

Call us: 9830 4214

Send us an email:

office@canterburynh.org.au

Follow us: facebook.com/canterburynh



Have you heard about the new Canterbury Precinct?

From late 2022 workshops, courses and events will be held in our beautiful new home in Canterbury Gardens.

Join our email list

(www.canterburynh.org.au) to receive updates via email.



Canterbury Neighbourhood Centre

*Classes are delivered face-to-face unless specified as online. Classes marked with * will shift to online mode via Zoom in the event of a Melbourne lockdown.*

Successful summer gardening

4 things you can do for successful summer gardening at home or away

Diane Beddison

Stress proofing your garden

If you haven't mulched your garden, do it now. Mulching helps to retain water and suppress weeds. Water garden well, add 75mm of mulch and water again. Try coarse pine bark for a neat finish, eucalyptus mulch for natives or pea straw for productive gardens and soil improvement.

If you have a watering system installed, check it is working correctly. Flush out the lines. Then test each line, looking for damaged pipes, blocked drippers, or sprayers which are not doing their job.

The best time to water is early morning, especially when a hot northerly wind is expected. Allow your lawn to grow longer over summer to retain moisture.

Off for a well-earned holiday?

Group your pots in a shady area of the garden. For a short break, place thirsty potted plants in a shallow container of water. If you are planning to be away more than a few days, ask a friend or neighbour to water them occasionally.

Give your garden a thorough watering in the two days before you leave. For special



Minimise using pesticides...
Keep bird baths full of clean water and position a shallow dish of water with pebbles or sand to provide safe access for bees.

trees or shrubs, make your own watering devices using a plastic soft drink bottle and a self-watering spike.

If you have an automated watering system, it is still worth asking someone to check your garden each week and hand-water plants that look stressed.

Enjoying summer at home?

You can still improve your space over summer and build your own paradise.

To cheer up the entrance to your home, splash out on an attractive pot. Geraniums and the smaller banksias perform well in pots. Install a timber bench under a shady tree, pour a cold drink, and take some time out.

Help the creatures that rely on our gardens to survive summer

Minimise using pesticides and increase the native bee population. Keep bird baths full of clean water and position a shallow dish of water with pebbles or sand to provide safe access for bees. Top up water in the cool of the early morning. Ensure your pets have a cool place to rest and that they have access to plenty of fresh water throughout hot days.

Looking for a garden project?

Create an Australian native garden space to encourage wildlife, such as birds and pollinators, into the garden. Plant both



bright and softer coloured flowering natives in a sunny or lightly shaded area with good drainage. Select a diversity of species. Plant in clumps and include plenty of ground covers.

Do not over-tidy gardens. What you see as mess is home for many insects and fauna, such as lizards.

‘Deep summer is when laziness finds respectability.’ Sam Keen

Diane Beddison is a landscape designer who works with you to create beautiful and joyful gardens. www.beddisongardendesigns.com



Building a community throu



Nestled in Canterbury Gardens and just a stroll from Maling Road is the new Canterbury Precinct, due for completion in late 2022. Bringing together a range of community organisations, the Precinct will offer modern facilities while restoring the existing heritage buildings within the Gardens.

The vision for the Precinct is much more than accessible community services. Supported by Canterbury Neighbourhood Centre, at the heart of the Precinct is providing neighbourhood connection and a special sense of belonging for the local

community. “We want to provide a space where everyone can participate, come together and meet new people, learn a new skill or just enjoy a friendly chat” says Tracey Martin, Canterbury Neighbourhood Centre (CNC) Manager.

gh Canterbury Precinct



One in four Australians suffer from loneliness and we know that it affects all ages, including many young people. Although we are more digitally connected than ever before, research indicates many people are feeling more socially disconnected, particularly since COVID-19.

Community organisations and neighbourhood houses can play an important role in developing a sense of community and belonging. Recent research shows that social connection

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has a positive impact on people's wellbeing and health, both physically and mentally.

The Precinct will enable CNC to expand its range of wellbeing, creative and social programs for all ages and offer new activities including school holiday workshops, social groups and a dedicated art/woodworking workshop. The Centre is also keen to take a special interest in garden and sustainability projects, befitting the beautiful surroundings.

Canterbury Precinct will include Maternal Child Health, Interchange disability services, Kindergarten, Playstation Occasional Care, Canterbury Toy Library, Canterbury Community Garden and local historical societies in addition to Canterbury Neighbourhood Centre.

Getting involved

Now is the perfect time to get in touch with Canterbury Neighbourhood Centre and learn more about the new Canterbury Precinct. **Visit canterburync.org.au to register your interest in new programs and activities as well as the events coming soon.**



Make a difference – volunteer with us

Canterbury Neighbourhood Centre is building its volunteer program and we are looking for people of all ages, interests and skills to join.

There are so many ways you can become involved – from supporting social clubs, providing administration skills, gardening, children’s activities, fundraising events, sharing a skill, mentoring or charity projects.

Volunteering provides a fantastic opportunity to connect and enrich your local community.

It’s also a great way to make friends and a lot of fun!

Register your interest at www.canterburync.org.au

Feel Good February

FEELING GOOD THIS FEBRUARY

Have you heard about Feel Good February?

We are celebrating all the ways you can feel good with a series of pop-up events throughout February in Canterbury Gardens.

- Feel healthier and come along to a free tai chi or yoga class
- Be inspired by local artists and unleash your creativity at one of our art workshops
- Feel good about helping others and join our local heroes
- Discover Canterbury's rich history and neighbourhood gems on a guided walking tour
- Get back to nature and learn all about bees and creating bee-friendly gardens

For details, visit: www.canterburync.org.au



Community pet photos bring smiles all round

John Unkles, Camberwell Hockey Club Secretary

The mental health of club members and the wider community is high on the agenda for the Camberwell Hockey Club. The latest initiative of the Club's Mental Health First Aid Group was to organise a photo display of beloved pets along the boundary fence of Matlock Reserve, with the aim of putting smiles on the faces of those who walk past it.

The Club invited community members who wanted to recognise their pets for the support they gave during COVID-19 to send in a photo. It was a simple case of displaying a notice on the fence giving an email address where pet photos were to be sent. The club did the rest – printing, laminating and displaying over 800 photos before the Club had to say: “No more”!

Locals have been enjoying the diverse array of photos including dogs, cats,

guinea pigs, birds and even two cows! The photos sparked happy smiles and conversations, and were a welcome distraction from yet another lockdown. Club members Kerri Hendry and Liz Grant were instrumental in making the project a success, painstakingly ensuring that every photo sent to the club ended up on the boundary fence. The club would also like to thank Officeworks in Camberwell for generously assisting with the project.

What's on – APOMAWISH

Looking for a little bit of arts and culture this summer? Head to **Hawthorn Arts Centre** for the bright pompom – inspired art installation by artist and designer Rachel Burke.

Over recent months, Rachel and members of the Boroondara community have created hundreds of pompoms and shared a wish for the future.

All are welcome to come and see the sea of beautiful APOMAWISHES on display. If you feel inspired, materials are available to make your very own pompom and a wish to be included in the installation. This is a perfect rainy-day activity with kids these holidays, and as a bonus, entry is free.

For those who prefer to get creative at home, step-by-step instructions and a template are available for you to follow along.

Apomawish opened on Friday 1 October 2021 and runs until Saturday 19 February 2022

For more information, visit:

www.boroondara.vic.gov.au/events/apomawish

Hawthorn Arts Centre

360 Burwood Road, Hawthorn

Open 9am to 5pm, Monday to Friday

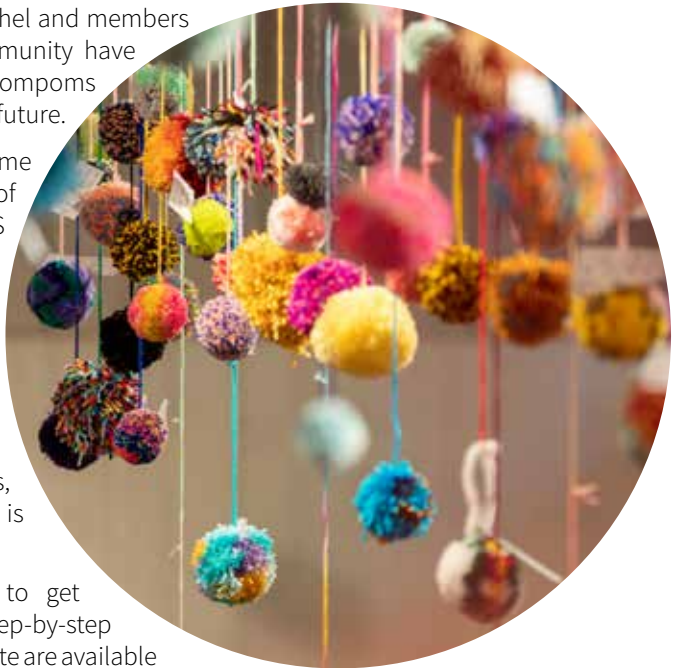


Image courtesy of City of Boroondara.

Canterbury local a key leader in the 8-hour movement

Edwina Byrne



Douglass in front of his 8-hour monument in Golding Street, Canterbury 1903

As many of us found ourselves working from home in and around childcare/homeschooling or checking our work emails late into the night during lockdown, the concept of an 8-hour day might have felt a little remote.

In the 1800s, working class people could expect to work up to 14 hours a day, six days a week – effectively sunup to sundown. There was no sick leave or annual leave, and you were expected to work until you died.

The Gold Rush in Victoria changed all that for two reasons. First, because working class radicals from all over the world saw their chance to escape poverty

and persecution, they migrated in their thousands to Victoria. Many of these were Chartists, a working-class movement pushing for voting rights to be extended to working men, not just land-owners, based on the People's Charter of 1838 in Britain.

The second important consequence of the Gold Rush was that there was enormous wealth in Melbourne, but also a very serious shortage of skilled labour. As a result, skilled workers in the new colony had a relatively strong negotiating position and felt that the rules of the old world didn't quite apply. Melbourne workers started organising a union, meeting in hotels in Fitzroy around the idea of an eight-hour workday without loss of pay.

The Eight Hours League slogan was based on eight hours of work, eight hours of rest and eight hours of recreation, which would enable the working class to better themselves through education.

In 1856, stonemasons working on Melbourne University were the first to collectively withdraw their labour. Despite an outcry from the newspapers and employers, the stonemasons won the right to work an eight-hour day for the first time anywhere in the world. Today we commemorate this victory as Labour Day.

It is important to note how revolutionary this achievement was. Nowhere else in the

world had workers successfully enforced this demand. In fact, 30 years later on 1 May 1886, workers in Chicago would strike at Haymarket Square, and that would be later commemorated as International Workers Day or “May Day” each year worldwide.

An important figure in the local eight-hour movement was Benjamin Douglass (1830-1904), a plasterer who arrived in Australia from Kent in 1855. An early member of the eight hours committee, Douglass became the first president of the Operative Plasterers’ Society, and in 1857 was one of the prime movers in the formation of the United Trades Association, a precursor to the Victorian Trades Hall. By the 1880s he was on the council of the Working Men’s College (which would become RMIT) and was elected President of Trades Hall.

For more than fifty years, Douglass played a significant role in Victorian industrial history. His home “ShandVilla” in Golding Street, Canterbury, regrettably no longer stands. However, a photograph of Douglass in 1903 shows the extraordinary homemade monument to the eight-hour movement which he constructed in his backyard. It’s an absolutely glorious picture – Douglass, it would seem, had



The Eight Hour Day Monument in Melbourne, Australia (Monument Australia website)

taken the decision to construct his own arc de triomphe, celebrating his personal involvement in the eight-hour movement in 1856. You get the impression that he perhaps doesn’t feel that anyone else was making enough of a fuss over this historic victory, so he was going to do it himself!

The framed photograph is inscribed: “I present my Grandson Douglas Sparling with this framed picture as a memento of the ‘Eighth Anniversary of his Birth’ and in satisfaction of his excellent school results for the past year. His Grandma joins me in wishing him many, many happy returns for the day...” Canterbury, 23rd December 1903.

Today the photograph is displayed in the new Workers Museum at Trades Hall, Carlton, together with the ceremonial trowel gifted to Benjamin Douglas and used to formally open the 1882 additions to the Victorian Trades Hall in Lygon Street. We hope to welcome you in for a tour one day, during the leisure hours you deserve.

Edwina Byrne is a local resident in Camberwell.



Eight-hour day banner, Melbourne, 1856

Having a vision helps setting goals for fitness



Having goals is important, and we know that the best goals should be SMART (specific, measurable, actionable, realistic and timely). However, sometimes our fitness program goals aren't in the SMART format and that's okay. When you say you want to lose weight, move better, be stronger, live longer or become fitter and healthier you may not anticipate the program also being measurable, actionable, realistic and timely.

How do you measure being fitter, how long does it take to lose weight, and how committed are you? When you realise 'Hey I am getting fitter, healthier, moving better' and 'I am achieving my goals!' you often forget the little things you couldn't do six months ago, like 'I couldn't pick up my (grand) kids' or 'I couldn't get out of bed easily' or 'I couldn't run to the train'.

More recently we've been exploring having a vision of what you will be doing, achieving, feeling like in 6 or 12 months'

... the best goals should be SMART (specific, measurable, actionable, realistic and timely).

time to help you get there. This can be powerful stuff!

When you have a vision of how you are going to feel jumping out of bed refreshed, putting on clothes that fit better, walking briskly to work, eating healthy food, getting through the day feeling energised, engaging with family and friends, it really motivates you to achieve your goals.

Without that vision, you haven't set your SMART goals. So, if you can think of words and cut out pictures of what reaching your goal is going to look and feel like, you will have a better chance at achieving results.

What are you waiting for? Come to meet us and see how we can help you reach your fitness and health goals and develop your vision for a healthy life.

Jean-Claude, Linda and the ALTA Fitness team.



ALTA Fitness

233 Canterbury Road, Canterbury 3126

Ph: 9077 8946

www.altafitness.com.au

Mon, Tue, Wed: 6am to 8pm

Thu, Fri: 6am to 4pm

Sat: 6am to 12.30pm Sunday: Closed



Feel Good February

POP-UP SERIES
CANTERBURY GARDENS

A month of community activities in
the gardens celebrating feeling
good - inside and out

CANTERBURY NEIGHBOURHOOD CENTRE



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